

PAUPER LUNATIC ASYLUM

FOR THE

County of Northumberland.

REPORTS FOR 1859,

AND

RULES OF THE ASYLUM

PRINTED BY ORDER OF THE COURT OF QUARTER SESSIONS.

(ASYLUM OPENED MARCH 16, 1859.)

Gateshead :

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1860.

The Committee of Visitors.

1. SIR CHARLES MILES LAMBERT MONCK, BART., CHAIRMAN.
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3. EDWARD COLLINGWOOD, Esq.
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NORTHUMBERLAND.

To Her Majesty's Justices of the Peace, in Quarter Sessions assembled, at the Moothall, on Wednesday, the 4th day of January, 1860.

The Committee of Visitors of the Northumberland Pauper Lunatic Asylum at Cottingwood, near Morpeth, have in obedience and pursuant to the statute 16th and 17th Vict. c. 97, s. 62, to make their Report to the Bench at these Sessions upon the following points, viz. :—

Your Committee are required by law [16 and 17 Vict. c. 97, sec. 62] to do this at these Sessions, upon the following points :—

1. The state and condition of the Asylum.
2. As to its sufficiency for the proper accommodation of the number of Lunatics for whom it may be requisite to provide accommodation.
3. As to the management of the Asylum.
4. The conduct of the Officers and Servants thereof.
5. And the care of the Patients therein.

FIRST, WITH RESPECT TO THE STATE AND CONDITION OF THE ASYLUM.

Your Committee beg to state that as they have not yet completed the Asylum in all its parts, and have not yet settled with the Contractors for erecting the buildings, they do not propose in this Report to enter into the question of the cost to the County for providing the Asylum.

Subject to this inconvenience, the Committee entered upon the establishment, and opened the same for the reception of 20 male and 20 female patients, on the 16th March last, and they have continued increasing the number of patients until they now amount to 132 in all.

Your Committee appointed a Medical Superintendent, a Chaplain, a Clerk, and Steward, and other attendants, who have conducted the Asylum to our satisfaction to the present time, and also to the satisfaction of the Commissioners in Lunacy at their visit to this Institution on the 19th day of April last.

SECOND, AS TO ITS SUFFICIENCY FOR THE PROPER ACCOMMODATION OF THE NUMBER OF LUNATICS FOR WHOM IT MAY BE REQUISITE TO PROVIDE ACCOMMODATION.

This Asylum was erected for 100 male and 100 female patients, and it is amply sufficient for this purpose—indeed, a greater number than that can be taken in without inconvenience, and we consider that it is sufficient for the proper accommodation of this number of patients in every respect.

THIRD, AS TO THE MANAGEMENT OF THE ASYLUM.

This Asylum has been managed by Mr. Richard Wilson, the medical superintendent, and the officers under him, and we have every reason to be satisfied with their services.

There is also a House Committee, who meet at the Asylum once a month, and examine the state and condition thereof, see as far as practicable every patient confined therein, converse with each patient previous to his discharge, examine the food, and take in provisions by tender.

There is also a Farm Committee, who look after the management of the farm, garden, woods, and grounds—the whole consisting of about 100 acres.

FOURTH, THE CONDUCT OF THE OFFICERS AND SERVANTS THEREOF.

With respect to this head, we can say that they have given entire satisfaction, and we think that the Medical Superintendent has exercised a sound discretion in the selection of his officers and attendants.

In the Chaplain we have every confidence that he does his duty, he being an old servant of the county, as Chaplain of the Gaol, and therefore we can speak from experience.

FIFTH, THE CARE OF THE PATIENTS THEREIN.

This chiefly falls to the department of the Medical Superintendent, and we have found that he is very kind and attentive to all the patients, and, from the long experience he had as assistant surgeon in the Prestwich County Asylum, in Lancashire, he has a thorough knowledge of the wants of the Asylum, and of the mode of managing the patients committed to his charge.

GENERALLY.

We shall receive a Report from the Medical Superintendent, in a short time, which will contain all the minute particulars relating to the Asylum, and we propose that it, as well as this Report and the accounts up to the month of March next, shall be printed and circulated amongst the ratepayers, in the same way as is done with the Treasurer's accounts, and the accounts relating to the Police.

The present weekly maintenance of each Lunatic, is 10s. 6d. and we hope it may be further reduced.

Upon the whole, your Committee, in this short Report, feel satisfied with everything that has been done, and have much pleasure in being able to present a Report so satisfactory to themselves, and, no doubt, also, to the Bench at large.

CHAS. M. L. MONCK, CHAIRMAN.

Asylum, Cottingwood, December, 1859.

SUPERINTENDENT'S REPORT.

*Northumberland County Asylum,
Cottingwood, Morpeth, January 1, 1860.*

GENTLEMEN,

Following the established rule in other similar institutions, it will be my duty to present to you an annual report of this Asylum, of which you have done me the honour to appoint me Superintendent.

The report will embrace the state of the Asylum and its inmates—their employment, means of recreation—their general state and condition—together with the chief occurrences of the preceding year, and the customary Statistical Tables, with other information contained in an Appendix. The latter, however, are not of so much value, in some respects, the first year, owing to the number of patients transferred from other Asylums, and of whose cases I have received but scanty particulars. My general remarks, also, need hardly be very lengthy, as I have frequently laid short reports before you at your monthly meetings. I am glad to be able to speak, in this my first report, favourably of the Asylum, considering that it is not at present fairly under weigh, and that many of the attendants have had to be taught their duties.

The Asylum was opened for the reception of patients on the 16th of March last, and since that date 154 (viz., 81 men and 73 women) have been admitted. Of these, 106 were transferred from other Asylums, and were scattered over the counties of Durham, Yorkshire, and Lancashire. The following Table gives the names of the different Asylums, and the number removed from each.

No. of Patients.	Name of Asylum.	County.
60	Bensham Asylum	Durham.
21	Gateshead Fell Asylum	Do.
4	Dunston Lodge Asylum	Do.
4	Durham County Asylum	Do.
9	North and East Riding Asylum.....	Yorkshire.
6	Claxton Grange Asylum.....	Do.
1	Acomb House Asylum.....	Do.
1	Haydock Lodge Asylum.....	Lancashire.
Total..... 106		

There were many difficulties in the way of their removal, owing to the distance, and to the present difficulty of approach to this Asylum ; but I am glad to say that it was effected by the attendants of the Asylum without any material disturbance to the Patients. Most of the cases thus transferred were of long standing, and many of the

patients of advanced age, thus giving me but little hope of doing any great good. In addition, out of the whole number admitted (154), 13 were labouring under that fatal complication with insanity—General Paralysis ; and which, by referring to Table 9, you will perceive has been the cause of death in more than half the number of those that have occurred. 14 patients have been discharged recovered, (of these, 3 have been re-admitted). One has been discharged relieved, and 9 have died, leaving in the Asylum this day 130—67 men and 63 women. For further particulars respecting the admissions and discharges, I would refer you to the Statistical Tables appended.

As regards the general design of the building, I have found it, with the exception of a few slight alterations, to answer satisfactorily. I was rejoiced to find (as I had been previously accustomed to) that the upper floors were devoted only to bedrooms, the patients living entirely below, thus ensuring, to my mind, much better supervision of the patients during the day, and more perfect ventilation of the dormitories. Open fireplaces, also, I was glad to see, had been adopted, giving a much more cheerful and homely aspect to the wards, as well as affording more warmth than the old plan of heating by hot water.

The employment of the patients has, as a matter of course, been attended to, as a very important means of cure—occupying, as it does, their attention, at the same time that it is conducive to their bodily health. The men have chiefly been engaged in agricultural pursuits, and in forming the road of approach to the Asylum. A few, also, have been occupied in tailoring and shoemaking. Full employment has likewise been given to the women in the washhouse, laundry, kitchen, and sewing-room, and, during the summer season, in hay-making ; and, notwithstanding a suicidal tendency in many of both sexes employed, much trust has been able to be placed in them, and no accident whatever has occurred. The mowers and reapers pursued their work with but little or no supervision, the former frequently commencing as early as 4 and 5 o'clock in the morning. Considering that there is no boundary wall or protection of any kind to the grounds of the Asylum (nearly 100 acres in extent), escapes on the part of the patients have very rarely occurred ; and those who have escaped have been quickly retaken. One of the cases was that of a poacher who had been more than once, I believe, confined in the county gaol in this town for that offence. He one day suddenly recollected that his gun was in pawn, and that the time for its being redeemed was drawing near. He went away to acquaint his brother with the fact, and then returned to the Asylum by himself, the same day, in time for tea. He had not seen his friends for some time, having been removed from a distant Asylum.

Restraint, I need hardly say, has never required to be used ; and seclusion, likewise, has had but rarely to be resorted to. In certain cases, however, I consider it to be quite as important to an excited brain as the occlusion of light is to an inflamed eye. The bodily health of the patients has been, on the whole, good.

The full service of the Church of England is performed twice every Sunday ; and the marked attention of the patients testifies to their appreciation of the services of the Chaplain (the Rev. Thomas Finch), to whom I am much indebted for their great improvement in demeanour, and who has seconded my endeavours in every way to improve their mental condition. The Matron has kindly presided at the Harmonium, and the service at the Asylum chapel will, I am sure, bear comparison with that of most others. The presence of friends and neighbours has also been encouraged, as tending to overcome prejudices, as well as remove any impression, on the part of the patients, that the service is confined solely to themselves.

Having spoken of employment, it is only fitting I should say a few words on the means of recreation, &c., afforded. Cards, draughts, dominoes, and quoits have been provided, together with a stock of useful and entertaining books. Various periodicals and newspapers are likewise freely distributed throughout the wards ; and, almost since the opening, there has been established a weekly dance, in which many of the inhabitants of the town have

taken part, and the benefit of it to the patients has been amply shown. In addition to the exercise afforded, it acts beneficially, also, as a means of control—a mode of bestowing reward or punishment, by giving or withholding permission to attend it, according to their behaviour during the week.

The Commissioners in Lunacy visited the Asylum soon after the opening, and left the following report :—

*“ Northumberland County Asylum,
19th April, 1859.*

“ We have this day officially visited the Asylum, seen all the patients, and inspected every part of the building.

“ The Asylum was opened for the reception of patients on the 16th of last March, and since that time 38 men and 30 women have been admitted.

“ There has been no death, but one male patient has been discharged.

“ There are 67 patients here at present. We found all of them in a very comfortable state, and they were clean in their persons, and well dressed. When we arrived, the patients were at dinner. The food was of excellent quality, and served with neatness and decorum.

“ The inmates seem to be generally in good bodily health, and a large proportion of them are usefully employed. As yet the airing-courts are not yet laid out, but we hear that the patients take exercise in the fields and upon the adjoining race-course. A number of the male patients were engaged in laying out and planting with potatoes the ground to the north of the building. Mr. Wilson proposes shortly to commence planting and laying out the airing-courts, and has shown us plans which he has drawn for the purpose. We think that his designs are very judicious.

“ We are glad to learn that a stock of amusing and entertaining books is about to be procured ; and throughout the wards we observe evidences of a desire, on the part of the Committee of Visitors and the Superintendent, to provide all such articles and furniture as may tend to the general improvement and well-being of the patients.

“ We observe, by an entry in this book, that it is proposed to wall-up the space at the end of the washhouse. We agree with the Committee of Visitors, that it is desirable the boiler should be protected ; but as the washhouse is not large, we would suggest that the boiler alone and the ash-pit should be walled-up, leaving the space containing the copper as part of the washhouse.

“ Considering the short time that the Asylum has been opened, it presents a remarkable amount of comfort and order, and great credit is due to the Superintendent for the exertions he has made to produce so desirable a result.

(Signed),

“ W. G. CAMPBELL, } Commissioners in
“ S. GASKELL, } Lunacy.”

I cannot conclude this report without bringing to the notice of the Committee (and expressing my personal thanks to) the Officers of the Institution, and the attendants under their control, for their general conduct, and the earnest manner in which they have shared with me the trouble and anxiety of organizing and subsequently conducting an establishment of this nature. And for the kindness with which the Committee have uniformly treated me and listened to any suggestions I had to offer, I beg, on my own part, to return my most sincere thanks.

I have the honour to remain, Gentlemen,

Your obedient, humble Servant,

RICHARD WILSON, SUPERINTENDENT.

*The Committee of Visitors, County Lunatic Asylum,
Cottingwood, Morpeth.*

STATISTICAL TABLES, 1859.

REFERRED TO IN THE SUPERINTENDENT'S REPORT.

TABLE 1.

ADMISSIONS AND DISCHARGES,

From the Opening of the Asylum, March 16, 1859, to January 1, 1860.

	M.	F.	Total.
Admitted	81	73	154
Discharged Cured	7	7	14
" Relieved	1	0	1
Escaped	0	0	0
Died	6	3	9
Total discharged, &c.....	14	10	24
Per centage of Cures.....	9
Per centage of Deaths :.....	5.84
Number remaining in the Asylum, January 1st, 1860.....	67	63	130

TABLE 3.

ADMISSIONS WITH RESPECT TO THE FORM OF INSANITY.

			Combined with Epilepsy.		Combined with General Paralysis		Total.		General Total.
	M.	F.	M.	F.	M.	F.	M.	F.	
Mania	35	26	3	1	2	3	40	30	70
" Puerperal...	...	1	1	1
Monomania
Melancholia	2	7	2	7	9
Dementia	24	34	5	...	7	1	36	35	71
Amentia.....	3	3	...	3
Total.....	64	69	8	1	9	4	81	73	154

TABLE 2.

ADMISSIONS WITH RESPECT TO SOCIAL STATE.

	M.	F.	Total.
Single	31	16	47
Married.....	22	30	52
Widowed	1	7	8
Unknown.....	27	20	47
Total	81	73	154

TABLE 4.

DURATION OF INSANITY PREVIOUS TO ADMISSION.

	M.	F.	Total.
1 Week and under	3	4	7
2 Weeks and under 4 Weeks	6	6	12
1 Month and under 2 Months	5	6	11
2 Months and under 3 "	6	2	8
3 Months and under 6 "	1	3	4
6 Months and under 12 "	4	3	7
1 Year and under 3 Years	6	8	14
3 Years and under 5 "	2	1	3
5 Years and under 10 "	1	...	1
10 Years and under 15 "	1	...	1
15 Years and under 20 "	2	...	2
20 Years and under 30 "	1	...	1
30 Years and under 40 "
Unknown.....	40	40	80
From Birth	3	...	3
Total.....	81	73	154

TABLE 5.

ADMISSIONS WITH RESPECT TO AGE.

	M.	F.	Total.
Under 15 Years	1	...	1
From 15 to 20 Years	2	...	2
From 20 to 30 "	7	8	15
From 30 to 40 "	18	11	29
From 40 to 50 "	10	10	20
From 50 to 60 "	9	14	23
From 60 to 70 "	6	3	9
From 70 to 80 "	2	3	5
From 80 to 90 "
Unknown.....	26	24	50
Total.....	81	73	154

TABLE 7.

CURES, WITH RESPECT TO THE FORM OF INSANITY.

	M.	F.	Total.
Mania	6	2	8
Puerperal Mania.....	...	1	1
Monomania
Melancholia.....	...	2	2
Dementia	1	2	3
Total.....	7	7	14

TABLE 9.

DURATION OF TREATMENT OF PATIENTS DISCHARGED CURED.

	M.	F.	Total.
Under 3 Months.....	4	1	5
Under 4 "	4	4
Under 6 "	2	2	4
Under 9 "	1	...	1
Under 12 "
Total.....	7	7	14

TABLE 6.

ADMISSIONS WITH RESPECT TO PREVIOUS OCCUPATION.

MEN.			
	No.		No.
Labourers.....	13	Stone Mason	1
Seamen.....	9	Assistant Schoolmaster...	1
Gardeners	4	Foot-Postman,	1
Shoemakers.....	4	Carter	1
Coal Miners.....	3	Publican	1
Lead-ore Miners.....	2	Unknown.....	32
Blacksmiths.....	2	None.....	4
Potter	1	Total.....	81
Hardwareman.....	1		
Boiler Maker	1		

WOMEN.			
	No.		No.
Household	19	Milliner and Hawker.....	1
Domestic Servants.....	11	Shrimper	1
Agricultural Servants ...	6	Unknown.....	30
Dressmakers	4	Total.....	73
Charwoman.....	1		

TABLE 8.

CAUSES OF DEATH.

	M.	F.	Total.
Disease of Brain and Membranes, with General Paralysis.....	3	1	4
Disease of Brain and Membranes, with General Paralysis and Erysipelas.....	1	...	1
Disease of Heart and Lungs	1	1
Natural Decay in Old Age	2	1	3
Total.....	6	3	9

TABLE 10.

EXTRACT FROM THE DAILY ACCOUNT OF THE STATE OF THE PATIENTS.

MEN.

EMPLOYED.	JULY, 1859.					
	Friday, 15th.		Saturday 16th.		Sunday, 17th.	
	Morn.	After.	Morn.	After.	Morn.	After.
Working in Land and Gardens	31	31	31	30
Assisting Joiner
“ Engineer
“ Plumber and Painter
“ Shoemaker	1	1	1	1
“ Tailor	3	3	3	3
“ in Kitchen	1	1	1	1
“ Baker
“ in Office
“ Carrying Coals
“ Cleaning Wards	7	4	7	4
Total employed	43	40	43	40
UNEMPLOYED.						
Excitement with Restraint
“ with Seclusion	1	1	1	1
“ without Seclusion
Sick	2	2	2	2	2	2
Quiet	17	20	17	20	61	61
Total unemployed	20	23	20	23	63	63
Admissions
Deaths and Discharges
Total	63	63	63	63	63	63
At Church	36	36

TABLE 10 CONTINUED.

EXTRACT FROM THE DAILY ACCOUNT OF THE STATE OF THE PATIENTS.

WOMEN.

EMPLOYED.	JULY, 1859.					
	Friday, 15th.		Saturday 16th.		Sunday, 17th.	
	Morn.	After.	Morn.	After.	Morn.	After.
Cleaning Wards	5	3	6	3	4	2
Assisting in the Kitchen	4	4	4	4	4	2
“ in the Laundry	10	11	11	10
Mending Stockings	2	2	2	2
Binding Boots and Shoes
Knitting and Netting	2	2	2	2
Sewing and Quilting	17	15	12	16
Garden
Picking Flocks
Hay-making	7	10	10	10
Total employed	47	47	47	47	8	4
UNEMPLOYED.						
Excitement with Restraint
“ with Seclusion	1	1
“ without Seclusion
Sick	2	2	2	2	2	2
Quiet	6	6	6	6	44	48
Total unemployed	8	8	8	8	47	51
Admissions
Deaths and Discharges
Total	55	55	55	55	55	55
At Church	35	35

APPENDIX, No. 1.

REFERRED TO IN THE SUPERINTENDENT'S REPORT.

LIST OF WORK DONE FROM 16TH MARCH TO 31ST DECEMBER 1859.

JOINER (NEW) WORK.

81 Stretchers for Beds.
2 Shoemakers' Seats.
2 Cupboards.
22 Picture Frames.
12 Boards for Laundry.
3 Long Forms.
4 Bookcases.
144 Pegs.
2 Boiler Sticks.
2 Dissecting Tables.
2 Poles.
1 Store Room Table.
1 Butter Stand.
40 Feet Wash Rails for Laundry.
1 Butter Churn.
12 Kneeling Boards.
2 Office Rails.
1 Store do.
1 Door Frame and Door.
3 Uprights for Notice Boards.
6 Step Ladders.
12 Blind Rollers for Superintendent.
60 Feet of Shelving for do.
1 Cornice.
1 Wine Rack.
5 Plate Racks.
6 Towel Rollers.
1 Sleeve Board.
12 Blind Rollers for Matron.
2 Door Frames and Doors.
12 Round Tables.
8 Flower Stands.
3 Boxes for Transparencies.
2 Large Dining Tables.
6 Trays for Baker.
3 Boards for Kitchen.
1 Kneading Box and Stand for Kitchen.
1 Box for Mangle.
24 Blind Rollers.
2 Trays.
1 Cutting-out Board for Matron.
6 Brush Handles.
2 Boxes for Engineer.
2 Nail Boxes.
Racks for Beer Cellar.

JOINER (NEW) WORK, CONTINUED.

1 Set Chisel Handles.
1 Set Gouge do.
1 Frame for Sharpening Saws.
3 Axe Shafts.
4 Hammer Shafts.
2 Wood Squares.
4 Knife Boxes.
4 Diet Boards.
1 Soap Rack.
3 Stretchers for Superintendent, Steward, and Matron.
1 Cupboard for Vestry.
1 Reading Board, Chaplain.
144 Flower Sticks and Stakes.

ENGINEER (NEW) WORK.

1 Cistern and Cover for Pumps.
6 Fire Bars.
1 Bend Pipe.
1 Plate for Boiler.
2 Washers for Bench.
1 Bend and Straight Pipe.
3 Large Grates.
3 Small do.
1 Guage Glass for Boiler.
1 Do. for Hot Water Tank.
1 Do. for Cold Water Tank.
1 Do. for Kitchen Boiler.
1 Do. for Tanks supplying Building.

PLUMBER (NEW) WORK.

Altering and Fitting Gas Pipes in Male and Female Wards.
Laying Hot Water Pipes in Sculleries.
Laying Water Pipes to Farm.
Lining Two Sinks with Lead.
Putting in 60 Squares of Glass.

TAILOR (NEW) WORK.

103 Jackets.
102 Waistcoats.
173 Pairs of Trousers.

SHOEMAKER'S (NEW) WORK.

98 Pairs of Shoes.

PATIENTS' (NEW) WORK.

210 Aprons.
 102 Night Caps.
 48 Day Caps.
 120 Bed Gowns.
 172 Handkerchiefs.
 200 Neckerchiefs.
 6 Night Drawers.
 142 Linsey Petticoats.
 120 Flannel do.
 150 Shifts.
 100 Flannel Petticoats.
 92 Pairs Shoes.
 2 Do. Slippers.
 12 Do. Stockings.
 6 Strong Dresses.

JOINER—REPAIRS, FIXTURES, &c.

Fitting 2 Padded Rooms.
 Fixing Carpet Rods for Superintendent.
 Fitting up 4 Store Rooms.
 Fixing Shelves in 4 Sculleries.
 Cutting 3 Doors shorter.
 Fixing Coffee Mill in Kitchen.
 Fitting Drapery Store.
 Fixing 24 Hooks behind Doors.
 Fixing 8 Mortice Locks—Male and Female.
 Fixing 12 Door Handles.
 Repairing 20 Chairs.
 Repairing Washing Machine.
 Fitting Surgery Door.
 Changing 6 Locks on Outer Door.
 Cutting Pew Doors and Laying Carpet Rods in Chapel.
 Repairing Floor in No. 2 Male Ward.
 Repairing Shutters in Nos. 1 and 3 Male and Female
 Wards.
 Casing Bell Rope.
 Repairing 2 Forms.
 10 Window Shutters shortened.
 Cutting Panels out of Front Door for Glass.

JOINER—REPAIRS, FIXTURES, &c., CONTINUED.

Repairing 12 Wheelbarrows.
 Fixing 12 Hooks in Store Rooms.
 Fixing 12 do. in Cellar.
 Fixing 10 do. in Office.
 Altering Dough Trough.
 6 Circles over Window Heads for Drapery.
 Fixing 2 Bolts on Cellar Doors.

SHOEMAKER'S REPAIRS.

73 Pairs of Shoes.

TAILOR'S REPAIRS.

48 Jackets.
 18 Waistcoats.
 50 Pairs of Trousers.

PATIENTS' REPAIRS.

480 Shirts.
 39 Flannel Shirts.
 26 Do. Drawers.
 995 Grey Stockings.
 447 Black do.
 122 Calico Shifts.
 46 Flannel do.
 26 do. Petticoats.
 41 Linsey do.
 111 Do. Jackets.
 139 Day Caps.
 35 Night do.
 15 Dresses.
 39 Sheets.
 18 Blankets.
 12 Bonnets.
 2 Shawls.
 32 Stays.
 218 Aprons.

APPENDIX, No. 2.

REFERRED TO IN THE SUPERINTENDENT'S REPORT.

NORTHUMBERLAND COUNTY ASYLUM DIETARY.

MALES				FEMALES		
DAYS.	BREAKFAST.	DINNER.	SUPPER.	BREAKFAST.	DINNER.	SUPPER.
MONDAY	1½ Pint Milk Porridge, 6oz. Bread.	1½ pint Pea Soup, 6oz. of Bread, and Half-pint Beer.	1 Pint Tea or Coffee, 6oz. Bread, and ½oz. Butter.	1½ Pint Milk Porridge, 6oz. Bread.	1½ Pint Pea Soup, 4oz. Bread, and Half-pint Beer.	1 Pint Tea or Coffee, 4oz. Bread, and ½oz. Butter.
TUESDAY	Ditto.	Meat Pie and Potatoes, with Half-pint Beer.	Ditto.	Ditto.	Meat Pie and Potatoes, with Half-pint Beer.	Ditto.
WEDNESDAY	Ditto.	Roasted Meat (7oz. uncooked, and free from bone), 1lb. Potatoes, 4oz. Bread, and Half-pint Beer.	Ditto.	Ditto.	Roasted Meat (7oz. uncooked, and free from bone), 1lb. Potatoes, 4oz. Bread, and Half-pint Beer.	Ditto.
THURSDAY ..	Ditto.	Meat Pie and Potatoes, with Half-pint Beer.	Ditto.	Ditto.	Meat Pie and Potatoes, with Half-pint Beer.	Ditto.
FRIDAY	Ditto.	Boiled Meat (7oz. uncooked, and free from bone), 1lb. Potatoes, 6oz. Bread, and Half-pint Beer.	Ditto.	Ditto.	Boiled Meat (6oz. uncooked, and free from bone), 1lb. Potatoes, 4oz. Bread, and Half-pint Beer.	Ditto.
SATURDAY ...	Ditto.	1½ Pint Irish Stew and 6oz. Bread.	Ditto.	Ditto.	1½ Pint Irish Stew and 4oz. Bread.	Ditto.
SUNDAY	Ditto.	Boiled Meat (7oz. uncooked, and free from bone), 1lb. Potatoes, 6oz. Bread, and Half-pint Beer.	Ditto.	Ditto.	Boiled Meat (6oz. uncooked, and free from bone), 1lb. Potatoes, 4oz. Bread, and Half-pint Beer.	Ditto.

Luncheons of Bread and Cheese and Beer, with Tobacco, are allowed to those Patients who employ themselves.

APPENDIX, No. 3.

NORTHUMBERLAND COUNTY ASYLUM BALANCE-SHEET,

FROM 16TH MARCH TO 31ST DECEMBER, 1859.

RECEIPTS.				PAYMENTS.			
	£	s.	d.		£	s.	d.
For Maintenance of Patients	1502	12	1	Provisions	1300	14	9
Cash in the hands of the House Steward	30	0	0	Salaries and Wages	911	18	9
From Farm	74	16	3	Necessaries	133	8	11
Balance due to the Treasurer	1160	5	11	Wine, Spirits, and Porter	32	8	0
				Garden and Farm	100	9	2
				Miscellaneous	283	14	8
Total.....	£ 2767	14	3	Total.....	£ 2767	14	3

FREDERICK MEACHER, CLERK.

Rules for the Government

OF THE

PAUPER LUNATIC ASYLUM

OF THE COUNTY OF NORTHUMBERLAND.

(PREPARED BY THE COMMITTEE OF VISITORS THEREOF, PURSUANT TO 16 AND 17 VICT., c. 97, s. 53.)

COMMITTEE OF VISITORS.

1. That the committee of visitors for the time being shall, at their first monthly meeting after the annual election of such committee (and after appointing a chairman and a clerk to the visitors), appoint six members, at least, of the said committee to be a house committee (of whom two shall be a quorum), and two members of the committee of visitors to be a farm committee.
Chairman, Clerk, House Committee, and Farm Committee.
2. That they shall then, also, appoint two or more of the committee of visitors to be auditors for the year, any two of whom shall examine the accounts monthly, with the aid of the clerk to the committee.
Auditors.
3. That the committee shall meet at the asylum on the third Monday in each calendar month, or such other monthly day as they shall appoint, and shall, at every such meeting, take into consideration and determine on all contracts, rates of payment, expenditure, and other matters relative to the establishment.
Meetings.
4. That minutes of the proceedings of all meetings shall be kept and entered by the clerk of the visitors, and that, at every monthly meeting, the proceedings of the last monthly meeting, and of an intervening meeting, shall be read.
Minutes of Proceedings.
5. That no general rule be altered, nor any new regulation be made, unless at a monthly meeting, or at some special meeting, assembled for the purpose, of which seven days' notice, stating, in each case, the particular object of such meeting, shall be given.
Altering Rules.
6. That, on receiving from the superintendent a report of any fatal or dangerous accident, or other emergency, a special meeting of the committee shall be summoned as soon as practicable.
Accidents or other emergencies.
7. That whenever a vacancy shall hereafter occur in any of the offices of superintendent, treasurer, chaplain, matron, clerk, or steward, the clerk of the visitors shall forthwith convene a meeting (conformable to section 25 of the Act 16 and 17 Vic., cap. 97), for the purpose of making an appointment and filling up the vacancy.
Vacancies in certain Offices.

Contracts. 8. The committee shall, as far as may be practicable, invite competition in supplying the asylum with different articles by public advertisement or tender, and shall enter into such contracts as they shall think proper, for any period not exceeding six months.

Reports to Quarter Sessions. 9. The committee shall, at the Epiphany Sessions, in each year, make their annual report as to the state and condition of the asylum and the patients, pursuant to the statute.

HOUSE COMMITTEE.

Inspecting Asylum and Farm. 1. They shall, to the number of two together, inspect, at least once in every two months, the asylum, and the airing courts, and other premises in connection therewith, and make such recommendations with reference thereto, as to them may seem expedient.

Inspecting Food, &c. 2. They shall inspect the food, and see that all contracts for supplying provisions and necessaries for the use of the asylum are properly performed.

To see Patients. 3. They shall see all the patients, and the wards appropriated to their use, and they shall enquire and examine as to the convalescence and improvement of particular patients, and as to the treatment, health, and general condition of all.

To examine Journals, Orders, &c. 4. To examine and sign the medical and other journals, and also, whenever there are two of the committee present, to examine all orders, certificates, notices, and returns, relative to patients from time to time admitted into, or discharged from, this asylum, or who shall have died therein.

To enter Visits. 5. They shall make entries in a book, to be kept for that purpose, of the result of their visitations, which shall be laid regularly before the committee of visitors, at their monthly meeting.

To appoint and discharge Attendants, &c. 6. To appoint and discharge attendants, nurses, and servants, but in all cases of hiring and discharge, to take into consideration every report and recommendation of the superintendent relative thereto.

FARM COMMITTEE.

Farm, Garden Ground, and Woodlands. 1. They, or one of them, shall inspect the farm and garden ground, and woodlands, from time to time, and give directions as to the cultivation and management thereof, and report from time to time, not being less than once in three months, to the committee of visitors.

CLERK OF THE VISITORS.

To convene and attend Meetings, and make Reports, &c. 1. He shall give notice of the meetings of the committee of visitors, and attend the same, and take minutes of the proceedings. He shall also write such letters and make such reports and returns as may be directed by the said committee or their chairman.

Receipts and Payments. 2. He shall prepare, at each monthly meeting, a statement showing the gross receipts and expenditure during the preceding month, and the balance shewn by the accounts.

TREASURER.

Receiving Monies. 1. He shall receive the sums payable by the different townships, unions, parishes, counties, boroughs, or private individuals, for the maintenance of lunatics, according to a

list to be furnished to him by the superintendent, and shall give separate receipts for the amounts so paid. Receiving Monies.

2. He shall make a return each month of all his receipts and payments, with dates, names, and amounts, and send the same to the superintendent on the second Monday of each calendar month. Monthly Return.

3. He shall not receive any monies on account of the asylum, except in accordance with the list before-mentioned, nor pay any monies, without an order of the committee of visitors. Receipts and Payments.

SUPERINTENDENT.

1. He shall be the principal officer of the asylum, to whom all other persons therein must be subordinate. He shall be a medical practitioner, legally qualified, and he shall give up all his time to his duties, without any other occupation or engagement. To have no other occupation.

2. He shall have full control over all the attendants and servants, and shall regulate their duties, and have authority to suspend them whenever he shall deem it expedient, reporting the same to the first meeting of the committee of visitors. He shall also have authority to recommend the hiring and discharging of all attendants and servants. Control over Attendants and Servants.

3. At each monthly meeting of the committee of visitors, he shall state the number of patients received and discharged, the number of deaths, the manner of employment, the number remaining in the asylum, distinguishing the sexes, the weekly cost of maintenance, with such other matters as may appear desirable. Quarterly Report to Committee.

4. He shall be responsible for the management and condition of the establishment, and of the patients therein, and shall have the direction of the medical, surgical, and moral treatment of the patients, and of all general arrangements within the asylum ; and, in case of emergency, shall have the power of calling in the assistance of any physician or surgeon. He shall, also, in all cases of fatal or dangerous accident, or other emergency, immediately communicate the fact in writing to one of the committee or to their clerk. Responsible for Condition of Patients, &c.

5. He shall examine every patient on admission, and make proper entries thereof, and take care that such medicines as he may think proper for their certain and speedy cure be duly administered. He shall see every patient once a-day, and oftener, if required. He shall order and be responsible for the drugs, surgical instruments, and books belonging to the asylum. And he shall report the case of every patient fit for discharge to one or more of the committee of visitors. To examine Patients on Admission, &c.

6. He shall, when necessary, prescribe for the resident officers and servants of the establishment, and administer the proper medicines and treatment. To prescribe for Officers.

7. If any patient, being of a religious persuasion, differing from that of the established church, shall express, or his friends for him, a wish to see a minister of such other persuasion, he shall be allowed to see him at reasonable times, provided the superintendent shall not think such visits injurious to the health of the patient. Religious Persuasion.

To Classify
Patients.
Diet and
Provisions.

8. He shall classify the patients of both sexes, and shall regulate and determine at all times the diet of the sick and infirm patients. He shall also have power, from time to time, to examine and report on the quality of all provisions furnished for the use of the patients.

Absence.

9. He shall never absent himself for one night, or for any longer period, without the previous written consent of one of the committee of visitors.

To regulate
Duties of
Matron,
Steward, &c.

10. He shall regulate the duties of the matron and steward (so far as their duties are not provided for by the rules), and of the attendants and other servants, and prepare, from time to time, a manual thereof for their guidance.

Journal.

11. He shall keep the books prescribed by the statutes in force respecting Lunacy, and shall also keep a journal in which he shall record the name of every attendant and servant whom he shall suspend, together with the date of such suspension, the name of every patient fit for discharge, or who shall have died or escaped, or on whom an inquest shall have been held since the last visit of the committee of visitors; also, all cases of restraint or seclusion, and the cause and duration thereof; all accidents, and all such other facts, observations, and suggestions as he shall deem important, relative to the condition or management of the asylum or the patients therein, and such journal shall be laid before the next meeting of the house committee and committee of visitors.

Patient's
Letters.

12. He shall inspect all letters written by the patients before sending them off, and all letters addressed to them before delivering the same, and he shall exercise his discretion as to withholding the same, reporting the fact to the committee of visitors at their next meeting.

Orders for
Provisions.

13. He shall sign all orders for the delivery of stores or other articles for the use of the asylum, such orders to be limited by the contract to be from time to time entered into by the Committee, or if on emergency he shall give any extra order, it shall be reported to the next meeting of the committee.

Repairs.

14. He shall be authorized to give directions for any requisite repairs to the buildings or works not exceeding £10 in amount, and shall report the same, and other repairs needed, to the committee at their next meeting.

CHAPLAIN.

Divine Service.

1. He shall perform Divine Service on every Sunday, Christmas Day, and Good Friday, according to the established form of the Church of England, and preach at least one sermon.

Access to
Patients.

2. He shall have access to every patient at all times, subject to the directions of the superintendent, with reference to any inmates he may consider unfit to be visited, but shall chiefly direct his attention to those of the patients to whom the superintendent is of opinion his services will be acceptable and conducive of benefit.

Burial Service
and Rites of
the Church.

3. He shall perform such spiritual duties as may be required, but before administering the rites of the church to any of the patients, he shall have the concurrence of the superintendent.

4. He shall not absent himself from his duties for more than four days together without the leave of two visitors, to be entered in a book kept for that purpose ; and if absent for a longer period, or on any Sunday, shall on all such occasions provide a suitable clergyman to perform the whole of his duties during his absence. Absence.

MATRON.

1. She shall be under the control of the committee of visitors and the superintendent, and she shall have control over the female attendants and patients under the superintendent. Powers.

2. She shall superintend the bedding and clothing of the patients, dietary of the sick, and shall take care that all medicines are properly administered ; she shall be responsible for the condition of the female wards, and shall use her best endeavours to induce the female patients to occupy themselves in needle work, household work, and other fit employment. Bedding, Clothing, Diet, and Work.

3. She shall see all the female patients, and every ward appropriated to their use, at least twice a day ; she shall also visit the female wards at night, and see that the outer doors are locked at dusk. Seeing Patients and Wards.

4. She shall take care of such goods, furniture, and linen, as are placed under her charge according to inventory. She shall superintend the kitchen, washhouse, and laundry, and shall be responsible for the proper washing, airing, and distribution of clothes and bedding. Furniture, Washing, &c.

5. She shall not absent herself during the day without permission of the superintendent, and shall never be absent for a night or for any longer period, without having obtained leave from one of the committee of visitors. Absence.

6. She shall keep a journal in which she shall enter daily all occurrences touching the health and demeanour of the patients under her charge, and any remarks respecting the conduct of the female attendants or servants, and she shall present it to the superintendent every evening for his perusal. Journal.

CLERK AND STEWARD.

1. One person shall perform the duties of both those offices, and he shall not follow or be connected with any trade or business. No other Employment.

2. He shall be under the control and direction of the superintendent, to whom he must immediately report any disorder, negligence, mismanagement, waste, or extravagance that may come under his notice. To Report Negligences, &c.

3. He shall take care of all the books and papers (except the medical books), and of all the stores, and shall be responsible for the quantity, quality, and safe-keeping of all articles received. Stores.

4. He shall superintend the weighing and measuring of the provisions so as to suit the diet tables ; he shall attend to all orders for extra diet, and give out the same as the case may require. Provisions and Diet.

- Stock Account. 5. He shall take stock once a quarter, and keep account of all goods ordered, and payments made for the same, in such form as the committee of visitors shall direct. He shall also keep an account showing the receipt and consumption of all stores and provisions, and prepare an abstract of the same when required.
- Keeping of Accounts. 6. He shall keep the accounts of the asylum, and distinguish the account for maintenance and clothing of patients from the account of salaries and household expenses of the asylum, and both these accounts from that for the building and furnishing of the asylum; and the accounts of the county from those of the unions and parishes; and shall lay an abstract of the accounts before the visitors at each monthly meeting, showing the monies received and paid, and the unions and parishes in arrear.
- Correspondence. 7. He shall conduct all the correspondence so far as it is connected with the union, parish, and county accounts, and bills generally, and shall keep copies of all letters written by him.
- Registry of Patients. 8. He shall keep a registry of the names of all patients admitted, of their respective parishes, of the justices and parochial officers authorizing their removal and admission, and the time of their discharge or death, and shall, at every monthly meeting, report to the committee of visitors the names of all patients in the asylum at the expense of the county, in order that the last legal settlement of such patients may, if possible, be adjudged.
- County Lunatics.
- Male Wards. 9. He shall be responsible for the condition of the male wards, and shall have control over the male attendants and servants under the superintendent.
- To Report Neglect, &c. 10. He shall report to the superintendent every instance of waste, mismanagement, or disorder in the domestic economy of the house, or of neglect or irregularity on the part of any of the attendants.
- Outer Doors. 11. He shall see that all the outer doors on the male side of the establishment are locked every evening at dusk.
- Absence. 12. He shall not absent himself during the day without permission of the superintendent, and shall never be absent for a night, or for any longer period, without having obtained leave from one of the committee of visitors.

GENERAL MANAGEMENT.

- Separate Wards for Male and Female Patients. 1 That male and female patients be kept in separate wards, and that no male attendant, servant, or patient, be allowed to enter the female wards, nor any female to enter the male wards, except in cases where the superintendent shall deem it advisable to appoint nurses or female servants to attend for that purpose, and except in cases where male attendants are obliged to enter female wards to perform joiner or other necessary work, except with the special consent of the superintendent.
- Quiet and Clean Patients to be kept separate from others. 2. That the patients of both sexes be classed or separated from time to time as the superintendent shall direct.
- Number of Attendants. 3. That there be at least one attendant for every ward, and that there be not less than one attendant for every 25 patients who are tranquil or convalescent, and not less than

- one attendant for every 12 patients who are dirty, violent, refractory, or dangerous to themselves or others ; that no ward shall be left at any time without an attendant being therein, and that the attendants be so distributed that in case of need they may readily assist each other. Number of Attendants.
4. That there shall be one attendant on the male and another on the female side of the asylum, whose exclusive duty it shall be to watch and attend to patients during the night. Night Attendants.
5. That at least one room on the male side, and one room on the female side, be appropriated as infirmaries for the different sexes. Infirmaries.
6. That during the day the patients of both sexes be employed as much as practicable out of doors, the males in gardening and husbandry or other suitable employment, the females in occupations suited to their ability, and that as a principle of treatment, endeavours be continually used to occupy and amuse the minds of the patients, to induce them to take exercise in the open air, and to promote cheerfulness and happiness amongst them. Employment of Patients.
7. That workshops and tools be provided, and artisans and others be encouraged to follow their particular callings, and that fit persons may be hired when desirable to teach any arts or trades, and that the patients be taught shoemaking, tailoring, and other common and useful trades, and that needlework, strawwork, and other suitable employments be provided for the females. Trades.
8. That an ample supply of books and publications of a moral and cheerful nature (in addition to bibles and prayer books) be provided, and kept up in case of destruction ; and that various means of amusement be placed at the disposal of the patients of both sexes, and that they be encouraged to have frequent recourse thereto. Books and Amusements.
9. That the airing grounds into which the several wards open be accessible to the patients for at least three hours in the forenoon, and three hours in the afternoon of every day, when the weather is favourable ; and that patients, when able to do so, shall be induced to take exercise therein. Airing Grounds.
10. That no dormitory for male patients (excepting rooms for single patients) contain less than three beds ; that a space of at least two feet and six inches be between the beds ; and that all the male patients sleep in single beds. Dormitories.
11. That one attendant shall sleep in or adjoining so as to overlook each dormitory, and shall have a light burning through the night, or have means of immediately obtaining one. Attendant for each Dormitory.
12. That no patient be struck, or kept in perpetual restraint or seclusion ; and that no patient be restrained or secluded at any time except by order of the superintendent, or kept in restraint or seclusion longer than is necessary ; but if an attendant should, for the safety of the patient himself or others, be obliged to have immediate recourse to restraint or seclusion, he shall report the same, as soon as possible, to the superintendent. Restraint or Seclusion.
13. That all the attendants be instructed to treat their patients kindly and indulgently, and never to strike or speak harshly to them ; and that they be responsible for the safety, cleanliness, and general condition of the patients, and for the ventilation, proper warmth, and good order of their respective wards. Kindness to Patients.

- Visits of Friends. 14. That near relations and friends of the patients be allowed to visit them once in every fortnight, but that no visitor be admitted to any patient if the superintendent shall consider the visit likely to be injurious to such patient, or otherwise inexpedient.
- Visits to Opposite Sexes. 15. That no male friend shall remain in a room with a female patient, nor a female friend with a male patient, unless a third person be present.
- Visits on Sundays in certain cases. 16. That in case of the illness of a patient, or if the friends come from a distant place, or be otherwise unable to come on a week day, such patient's friends be admitted on Sundays, during the space of two hours, after morning or evening service.
- Visits to Female Patients. 17. That upon every visit made by a male relation or friend, or by a parish officer, to a female patient, the matron or a female attendant must accompany the visitor, and remain in the room throughout the interview.
- Parish Officers to see Patients. 18. Any officer of a parish or union shall be admitted to see the patients belonging to his parish or union, when deemed proper by the superintendent; but no persons (except Justices of the County and Commissioners in Lunacy) shall be admitted into or allowed to inspect any part of the asylum, unless by an order of one of the visitors, or by permission of, and in company with, one of the medical officers belonging to the institution.
- Death and Burial of Patients. 19. That on the death of a patient, notice be immediately given by the clerk to the parish officers, and by the house steward to one of the nearest relations of the deceased (if his address be known) and the body be delivered to them, if requested, but if the body be not removed on the fourth day after death, it shall be buried under the direction of the superintendent, unless the earlier interment of the body is considered by him necessary.
- Not to pass beyond Grounds of Asylum. 20. That no patient pass beyond the grounds of the asylum until discharged by due authority, but that the superintendent may give directions for the purpose of any patient going beyond such bounds, whenever he may think it desirable.
- No Fees to be Received. 21. If any officer, attendant, or servant shall receive a perquisite or gratuity, beyond his or her regular wages, from any person whomsoever, he or she shall be dismissed; and any tradesman or workman giving such perquisite or gratuity, shall be incapable in future of serving the asylum.
- Contracts to be made, as far as expedient. 22. All works to be performed, or goods to be supplied for the asylum shall, as far as is considered expedient, be done by public tender, and, on delivery of any goods, the contractor shall take or send a book, containing the quantity and charge of such goods. This book shall be kept as a voucher for the contractor's bill.

[COPY].

I approve of the foregoing rules for the government of the Pauper Lunatic Asylum for the County of Northumberland.

Whitehall, May 17, 1860.

G. C. LEWIS.